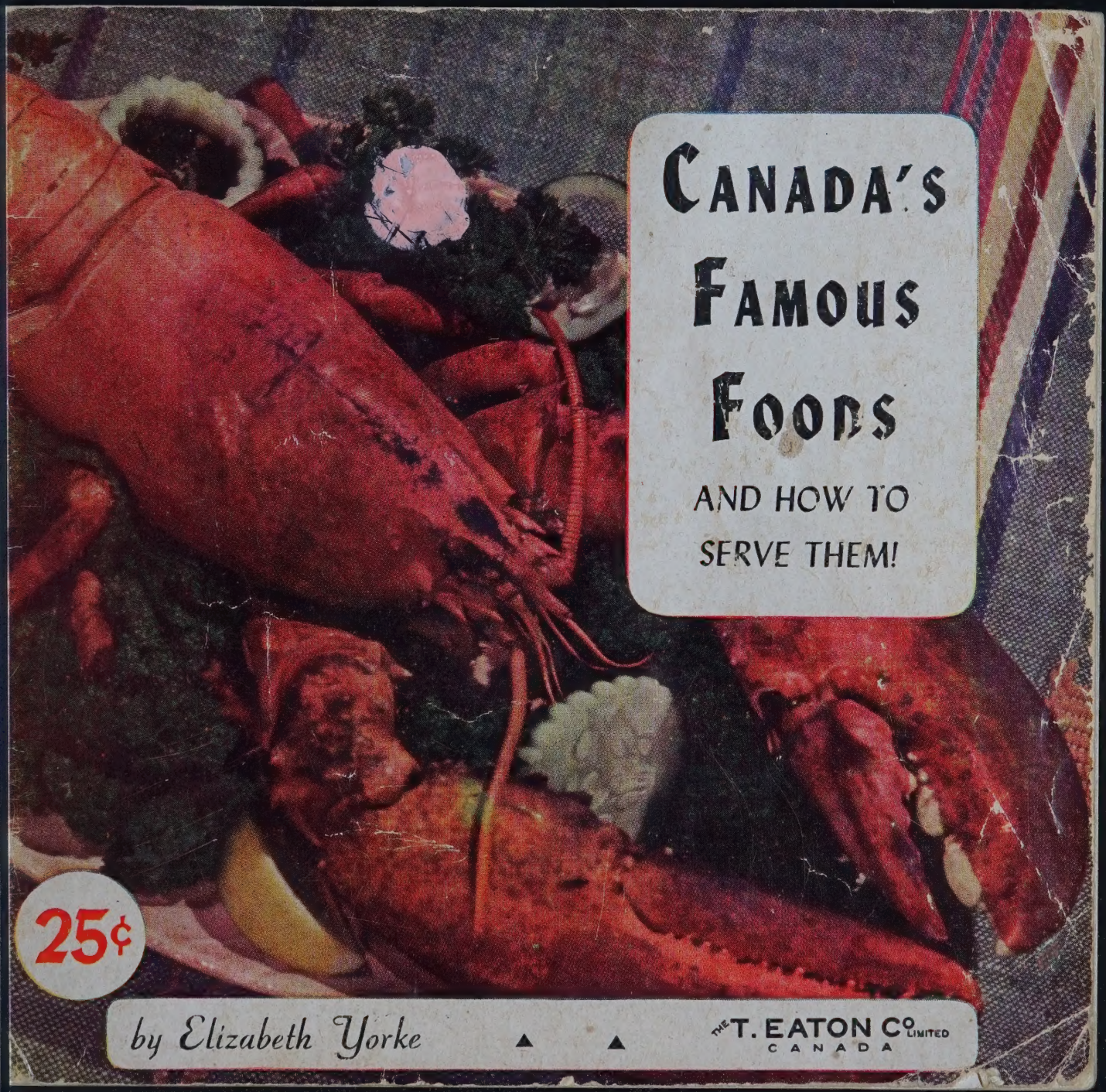
CANADA'S
FAMOUS
FOODS
AND HOW TO
SERVE THEM!
25¢
by Elizabeth Yorke
THE T. EATON CO LIMITED
CANADA

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Canada's Famous Foods

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LET US EAT AND

BE THANKFUL

THIS isn't an orthodox cook book
I've dozens of those on my shelf,
All written by classical experts,
Not folks who are plain like myself.

The experts have travelled widely,
To many a foreign shore
To bring us exotic foodstuffs
We've never tried before.

We learn to make a French Hors d'Oeuvre
A Foreign Bouillabaise,
A Creole from the Southern States
Some Paté from Alsace.

A Schnitzel like the Viennese,
Goulash instead of stew
And then they make us roast our Beef,
The way the English do.

Far fields are always green they say,
And maybe this is why,
Canadians pass their own good things
To seek a fairer sky.

Our lakes and rivers teem with fish,
And all along our shore,
We catch the finest sea-food
Right up to Labrador.

Our woods abound with moose and deer,
When hunting time comes around,
A juicy steak, a crackling fire,
Perfumes the frosty ground.

Then have you tasted prairie chick,
Or plump Canadian pheasant,
All done up brown with savoury herbs
They're really very pleasant.

The Monks at Oka made a cheese,
Which epicures declare,
Can hold its own in any land,
When it's exported there.

And so I dedicate this book,
To good Canadian palates,
And may you buy Canadian foods
From full Canadian wallets.

Salmon — Canada produces some of the finest salmon in the world — and we are not forgetting Scotland!

Spring and early summer witness one of Nature's miracles. Along the coast of British Columbia the salmon run begins. Thousands upon thousands of silvery fish begin their journey up from the ocean to the spawning grounds. We have not space here to tell you of that tremendous migration which goes on every year in spite of unsurmountable obstacles. Besides you've probably seen it in the movies. But, here in B.C. all along the coast comes the salmon harvest, and believe me, while it lasts, the fishermen have a busy time.

B.C. salmon is graded when canned into three grades—

Sockeye—red, firm and packed in heavy oil.

Cohoe—medium red, not quite so pretty to look at and packed in a lighter oil.

Pink—Still salmon, but less flavourful and packed in a very light oil. It is good for creaming or for making into salmon loaves. I once knew an old lady who called this "cat salmon", but then she had a very blue-blooded aristocratic cat with gourmet tastes!

If you are fortunate enough to be able to go salmon fishing in the Spring in one of the Eastern rivers, the Restigouche or the Matapedia for instance, you will have the thrill of catching a fish whose delicacy, colour and flavour cannot be surpassed. This fish is not as good canned as the Pacific Coast variety, but is marvellous cooked in any of the ways suggested below—

Gaspé Salmon, Restigouche Salmon vie with Spring lamb or tender young broilers in its appeal to all whose jaded winter appetites long for the Spring.

You may be a good fisherman, but you cannot eat raw fish—so here is how you cook your fine CANADIAN SALMON.

1. Boiled Salmon with Parsley Sauce:

5-lb. piece of Canadian Restigouche or Cohoe Salmon
3 Bay Leaves
3 tbsp. Vinegar or Lemon Juice
1 tsp. Salt.

Scale salmon, tie in cheese cloth, lower gently into boiling water to which has been added the above ingredients—simmer gently for about 40 minutes to one hour depending upon the thickness of the fish—Take out of cheesecloth, place on platter. A pale green platter is a perfect foil. Garnish with bunches of parsley or watercress and serve with parsley sauce.

Sauce: Simmer 3 tbsp. chopped parsley in 1 cup of water for 5 minutes, add 2 cups milk, bring to boil slowly, thicken with 2 tbsp. flour, 1 tsp. butter, salt to taste, bring to boil.

Serve with scalloped potatoes and a green salad.

We do not want to be personal about it—but Canada is fast becoming one of the world's biggest potato growing countries. New Brunswick and Prince Edward Island are developing the industry in a thoroughly scientific manner. These potatoes are "good keepers," too.

Doesn't it give you a thrill when you have a bag or two of fine Canadian potatoes in your nice dry basement?

But, you can't have scalloped potatoes without onions, and Ontario grows extremely fine ones, they even grow those sweet, mild-flavoured Spanish types. Peel them under water if you are the crying type.

Well, slice your potatoes thinly, place them in casserole or baking dish greased with bacon fat. Then a layer of sliced onion. Sprinkle with parsley, then a layer of potatoes, etc., until the dish is full.

Cover with milk seasoned with salt and pepper and bake in oven until potatoes are tender. Takes about an hour, oven about 350°. A little grated Canadian cheese on top browns it nicely—if you're a cheese addict.

The Next Day

You should have some salmon left over, unless you have a big family or had thrown a party. This left over you handle in at least two ways:

(A) Decorate salmon with cucumber slices, devilled hard boiled eggs, sliced tomatoes and serve with this ellied salad:

Take 1 lime jelly, dissolve in rather less than a pint of water, add 1 tbsp. vinegar, 2 tsp. salt, 1 cup chopped green onion, 1 cup chopped celery, 1 cup chopped cucumber and 1 tbsp. chopped pimento (optional); allow it to set in mould and turn out.

(B) You can cream your left over salmon, by heating a tin of condensed mushroom or celery soup and, when hot, adding the flaked salmon. Incidentally canned salmon can be used in creaming with excellent results. And either canned or fresh or frozen peas are so very good with this. If you're afraid of adding the odd pound, then serve this on heated rusks or toast instead of the pastry shells.

Sliced cucumbers sprinkled with a dash of salt, a good shake of pepper, a suspicion of sugar and covered with weak cider vinegar, are wonderful with any kind of salmon.

So is tartare sauce

Why not make you own with 1 cup mayonnaise or salad dressing, 6 chopped olives, 1 tbsp. chopped pickle, 1 tsp. chopped parsley, capers (if you can get them) and 1 tsp. chopped onion.

Perhaps you'd like broiled salmon

But if you do, make sure that you've a punctual family, or make them wait for their dinner. Don't let broiled salmon wait for them, waiting simply toughens the fish.

Take slices of salmon about 1 inch thick —dip in salted milk, then roll in cracker or bread crumbs—dust with a little thyme or chopped parsley, marjoram, summer savory or sweet basil—(a light hand please!) dot with a little butter or bacon fat—broil about 2 inches from broiler about 7 minutes on each side—serve sizzling hot with French fried potatoes (indigestible, but nice!) and any green vegetable.

Pan broiled salmon can be cooked in the same way, but take care to have the fat in your pan **hot** before putting in the fish—use bacon fat or shortening, or, of course, butter if you have it—we need it on our bread! Do not use lamb or beef dripping for frying fish.

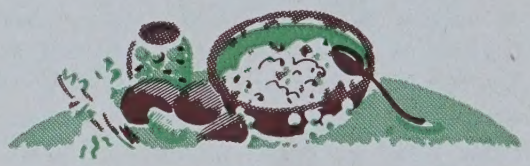
Baked Canadian Salmon is something again!

Choose a nice piece of West Coast or Restigouche Salmon—at a reputable fish dealer—or catch it yourself if you prefer! Take out back bone, or if you have a good-natured fish-man he might do it for you. Stuff with dressing made with bread-crumbs, 1 tsp. thyme, 2 tsp. chopped parsley, salt, pepper, ½ tsp. chopped onion, 1 beaten egg. Bake in 350° oven for about 45 minutes, depending upon thickness of fish. Plan beforehand to have baked potatoes and a rice pudding filled with plump raisins, so that your oven can be properly filled.

No, Madam, the salmon will **not** flavour your pudding, if you cover the fish and place it on the top shelf in your oven.

Sandwiches

No sandwiches are more universally popular than those made from either canned or freshly cooked salmon. Children like them in lunches, so do their Dads, while Mother can entertain her friends in a very savory fashion with dainty open-faced tid-bits made from rounds of toasted bread, spread with a salmon mixture and topped with a sliced olive, a pickle or a slice of radish. To salmon beaten or pounded to a paste, add butter, salt and pepper and place in small jars—top with a thin layer of butter, and seal. Keep this in your ice box and you will have it as an emergency spread for a week or two at least, probably longer.



Salmon Salad Rolls

Scoop out some of the soft bread from weiner rolls or small plain buns—lightly butter or toast—fill with a mixture of flaked, fresh or canned salmon, chopped celery, chopped parsley, salt and pepper and a little salad dressing. One of these, plus a gherkin, a celery crisp and an olive makes an easy to serve snack after the bridge game.

N.B.—Don't make the mistake of mixing your salmon sandwich mixture with too much salad dressing, thus making it wet and unpalatable.

Reluctantly we say farewell to Canadian Salmon—but only on paper! We shall enjoy it for dinner tomorrow night and many other tomorrows I hope.

Canadian Lake Trout

Europeans who are used to the little speckled trout, which provide such marvellous sport, look with amazement at our majestic Canadian Lake Trout.

But, once they get over the first shock of seeing the monster trout, they usually take it to their hearts and palates, too! To really appreciate it, you should go down to New York, where Canadian Lake Trout graces the menus of some of the most famous restaurants. And at prices rather upsetting to the average pocket book!

A rather soft-fleshed fish, Canadian Lake Trout weighs anywhere from three to forty pounds—(we are not doubting that story of yours about the fifty pounder that got away!) This fish is caught mainly in Canada's northern lakes, the cold water of Georgian Bay, Nipigon and the lakes of the North West. For some reason known only to fishing experts, the line-caught trout is the most delicate in flavour.

A man we know up at Tobermory, in Northern Ontario, was a rare expert at Lake Trout fishing. We purchased and ate his fish on more than one occasion.

Filleted Lake Trout, pan broiled, topped with sieved egg yolk and decorated with lemon is a delicacy—but don't over-cook it. Try it with a skewer after a few minutes on the pan, and when the flesh ceases to be transparent and is a delicate brown on top, then your fillet is done.

If you like your fish lordly and whole or can't find anyone good-natured enough to fillet it for you, then bake it this way—

Take a 3-lb. Canadian Lake Trout—clean and stuff with following dressing:—1 cup bread crumbs, 1 tbsp. parsley, 1 tbsp. butter, 1 cup Canadian Oysters. Secure with thread, dot with bacon fat and bake in an open dish in a 350° oven, basting it frequently.

We do not recommend boiling or steaming Canadian Lake Trout. It's delicate flavour seems to be lost when immersed in water.

Maybe you're a real game fisherman, and love nothing better than to fish in the cold deep black Canadian northern lakes for Black Bass, or even Pickerel. Some of the most fabulous fish stories are told by fishermen catching Bass and Pike in Canada's north country. Many of these fishermen eat the fish over their

camp fire, so none of us is in a position to cast aspersions upon their veracity.

We caught some fine Bass in the Muskoka district one vacation. It was early in the morning, and in lieu of breakfast we had taken with us some good Canadian bacon, a little corn meal and some bread. Well, having caught a mess of wonderful looking Bass, we built a fire, fried the bacon, cleaned the fish, and after dipping them in corn meal, cooked them crisp on the outside in the bacon fat. With slices of bread and a steaming cup of rather smoky, but none the less good, coffee we had a wonderful breakfast. That, my friends, is the best way to cook Bass, right out of the water, with a bit of local colour like the cry of the loon, the scent of pines and the smoke of the fire. Try it for yourself sometime!

Bass and Trout

Pickerel and all game fish should be cooked as quickly as possible after they are caught. They should be cooked over a hot fire, and not overcooked. Just until the flesh leaves the bones. Crisp Canadian bacon really lends a savour to all game fish, and always carry a little salt and a small flask—of? vinegar!! Disappointed? But we really do mean vinegar!

Canadian Lobster

The smartest New York restaurants really appreciate Canadian Lobster—and they charge about $3.00 a plate for it!

We have wonderful Lobster in Canada, the very finest are caught in the deep cold, black waters off Newfoundland and Labrador, although the folks in Nova Scotia and New Brunswick will not agree with you!

Live Lobsters in Canada are a greeny black and have gently waving claws. Be sure when you do buy them that the

claws **are** waving however gently, for a dead Lobster unboiled is no good at all.

A pot of boiling water with a little salt is a merciful and suitable bath for a frisky Canadian Lobster. Drop him in head first, it is soon over, he feels little or nothing, so don't call in the Humane Society. Soon he turns a beautiful scarlet and in twenty minutes or so, he's ready for your eager clutches. Split him down the middle and have nutcrackers ready for the claws. The tender juicy meat may be eaten as is, with lemon juice, salt, melted butter, or you can place the halved Lobster, dotted with parsley and butter, under the broiler for a few minutes.

Lobster Salad demands Lobster meat, either fresh or canned—the Maritime canneries can the meat almost as soon as it is caught and boiled. With the Lobster you need crisp chopped celery—wonderful crisp green celery is grown in the black soil of the Holland Marsh in Ontario.

With the Lobster and chopped celery you can use a little sieved egg yolk lightly blended with a small amount of very finely chopped onion, mix with rather a bland salad dressing and decorate with egg slices, cucumber slices, even a ripe olive or two.

Nothing is more beautiful than a large platter of Lobster salad set on a buffet table, decorated with the scarlet claws of the crustacean itself set in a bed of greenery, either lettuce, watercress or curly endive.

Lobster Maritime

Rivals the famous Lobster Newburg and it is purely Canadian.

Simply take $2\frac{1}{2}$ cups diced boiled Lobster, or canned. Canadian, of course!
1 cup peeled mushrooms, grown on the mushroom farms of Ontario or Quebec
2 tbsp. green pepper finely minced
1 tbsp. chopped parsley
1 tbsp. pimento chopped fine
4 tbsp. good Canadian butter
2 tbsp. flour—need we say from Western wheat?
Dash of Cayenne—dash means about $\frac{1}{8}$ of a teaspoon
Same amount of grated nutmeg
2 egg yolks beaten
$1\frac{3}{4}$ cups evaporated milk or cream
$\frac{3}{4}$ cup water.

Melt the butter in a double boiler, add onion, pepper, parsley, pimento and chopped mushrooms. Stir and cook

all together for about 15 minutes. Add the flour, mixing thoroughly. Dilute evaporated milk with water and pour 2 cups slowly into mixture, reserving ½ cup. Add Lobster and cook 10 minutes longer. Just before serving—after you've called the guests to the table—add the remaining ½ cup of diluted milk to the egg yolks and pour into the Lobster mixture. Cook, five minutes longer, it will take that amount of time for the guests to finish their conversation and seat themselves. Then serve the dish **immediately** on toast, toasted rusks, patty shells or what have you.

This dish takes a lot of watching and a lot of stirring, but it is very good.

Canape Canadienne is a delicious tid-bit to serve with cocktails or before dinner as an hors d'oeuvre.

Flake a can of Canadian Lobster, very fine. Add 1 tsp. horseradish mixed with a little cream and vinegar, salt and pepper. Mix well together. Spread rounds of brown bread toasted (cut into rounds while still bread, and toast under broiler) spread with hard boiled egg yolk mixed with a little butter, then top with Lobster mixture. Sprig of parsley on top for decoration.

Tiny finger rolls, scooped out and filled with Lobster salad are sure of popularity in any party of either or both sexes.

Cream puff shells filled with Lobster Maritime and served with thin brown bread sandwiches are a pleasant surprise.

BUT, we must move on as the CANADIAN OYSTER is in the wings.

The Oyster beds of Maritime Canada are fast becoming as prolific as those of our neighbours to the south.

You don't have to go to Cape Cod for a real Oyster "binge"; you can have one right here in Canada. Both the Cara-

quettes and the Malpeques caught off the east coast of New Brunswick and P.E.I. and Nova Scotia, too, are very fine in quality.

In mid September delicious juicy Malpeque Oysters make their appearance in our fish markets, and the wise immediately plan an Oyster party.

You may over-cook many foods with impunity, although we do not advise it, but you must not **overcook** Oysters.

An overcooked Oyster is tough, it doesn't taste right, and it gives you indigestion.

Actually, an Oyster should never be really **cooked.** It is far better eaten raw. If you must have your stews and scalloped Oysters do not cook them too much. When the edges begin to curl the Oyster is ready to be eaten. We once consumed two dozen Canadian Oysters soon after they were caught. We opened them right on the shore. All we had to eat with them was some very good home-made chili sauce and some brown bread baked in an outdoor oven. I say **all** advisedly.

Oysters should be opened and served in their own shells, to conserve their liquor. They should be eaten immediately when opened.

Accompaniments — horseradish, lemon and chili sauce if you like it.

Fried Oysters are rolled in egg and crumbs and dropped in hot butter or bacon fat and cooked for barely a minute. Serve on toast with slices of crisp bacon. They're really very good. Finely shredded cole slaw, made with French Dressing and a sprinkling of celery seed, goes well with Oysters as do French fried potatoes.

Oyster Stew. Heat equal parts of Oyster liquid and milk, with a little chopped onion, a dash of cayenne (and we mean a dash), salt, pepper and tbsp. butter. When heated to boiling point add Oysters and allow them to become thoroughly heated in the liquid, but do not cook. Sprinkle with chopped parsley and serve piping hot with oyster crackers and soda biscuits. Most people serving Oyster stew prepare to make a meal of

it with only a light dessert or an assortment of cheese to follow.

1 cup of Canadian Oysters added to 1 can undiluted mushroom soup, heated and served on toast makes a savory dish to serve at any time.

For myself, give me a sturdy oyster knife, a barrel or so of fresh Malpeques, a bottle of horseradish and some lemons and a bundle of paper serviettes, a little brown bread and butter, and you can have your professional shore dinners.

Canada packs her Oyster catch in tins, too, and when the fresh variety are off season, the canned ones make a fairly good substitute. Just make sure you buy only well-known, certified brands when you buy Oysters in cans.

Clams

We do raise Clams in Canada. Good ones, too, both the soft shelled and the hard shelled variety. Gathered mostly from the shores of the Maritime provinces and British Columbia, they are not among the favourite sea foods of Canadians. Perhaps we should start some "Clam Bakes" to popularize this excellent morsel.

Now we come to a real Canadian dish

Not only is it Canadian, but it is found and cured only in one part of Canada, not the Atlantic and not the Pacific, but in the mid-west, we refer to Winnipeg Goldeyes.

There **are** imitations, but do not deceive yourself, the real Winnipeg Goldeye is in a class by itself. It is caught in the Lakes of Manitoba near the city of Winnipeg, and a Winnipeg lass told me how to cook it!

It is a smoked fish, rosy red-brown in colour and needs little cooking. If you have a broiler, place the fish about 2 to 3 inches below the element and cook for about 4 or 5 minutes on one side, then turn and cook on the other. Thus cooked the head and skin simply peel off, and you serve it in all its salmon-coloured lusciousness, on a sizzling platter, with finely shredded cole slaw, flavoured with celery seed, and a little chopped onion, French fried potatoes and a platter of golden toast. Hungry?

The dark pink meat comes away from the bone easily, and is really something.

If you haven't a broiler, and it's no disgrace to be without one, then pan broil your Goldeyes, but do not use much fat. Either lightly grease the pan, or pour about $\frac{1}{2}$-inch of boiling water on the pan and cook the fish in this. Just a few minutes on each side.

Canadian Cod. Do not despise the lowly and inexpensive Canadian Cod Fish, caught in such quantities off the banks of Newfoundland and Labrador.

Vitamin "D" is usually obtained from the liver of the Canadian Cod.

It is always a mystery to me why Vitamin "D" should be found in the rays of the sun and also in the liver of a fish swimming below the surface of the ocean. But then, Nature is both wonderful and obscure.

Fresh Canadian Cod is good and inexpensive when bought in steaks, and broiled or pan fried, or purchased in a piece and steamed or boiled in salted water and served with parsley or onion sauce. It also lends itself to fish cakes and creamed dishes.

Much of our Maritime Cod is dried in the sun after being salted. This makes excellent fish cakes! Salt Cod has to be freshened in cold water for some hours, then boiled, and flaked very fine, and added to mashed potatoes, chopped parsley, salt and pepper and a suspicion of chopped onion. Form this into cakes and fry a golden brown.

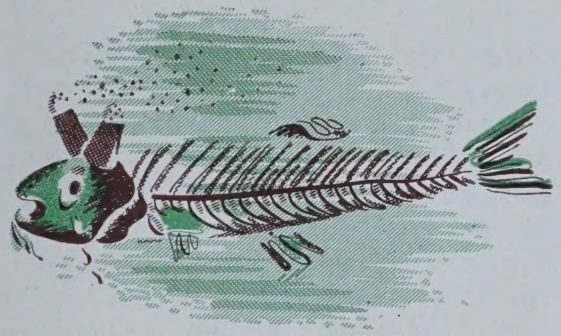
With fish cakes, serve Canadian fast frozen peas, many of which are frozen right on the Gaspé Peninsula where fine Canadian peas are grown.

Smoked Fillets. We are coming to the end of our Canadian fish story. We could go on for pages, but then some of my readers might not be as fond of fish as I am, and we have other things to discuss.

Smoked fillets, whether Cod or Haddock, resemble the famous Finnan Haddie of Scottish descent. Cured and smoked in Canada this fish makes a tasty dish. The best Finnan Haddie I ever ate was cooked in a Pressure Cooker. I soaked it in cold water for about half an hour, placed an empty coffee can on the bottom of my cooker and put about 2 cups of hot water in the cooker—it came nearly to the can top. Then I put the fish on the rack and cooked it for seven minutes.

I would recommend this method for any steamed fish to anyone fortunate and wise enough to possess a Pressure Cooker.

Another favourite way of cooking Canadian Smoked Fillets is to freshen them in cold water as above and to bake them in the oven in milk. Half an hour in a medium oven should be just right unless the fillets are very thick. A cream sauce made with milk flavoured with the liquid in which the fish has been baked and some chopped parsley is good with this dish.



We continue our Canadian fish story with the lowly Herring—

The worst part of the Herring is its multitude of bones or fine hairs which are irritating to say the least. But, once again, make friends with your fish man and ask him to take out the back bone. Failing this, insert your thumb under the head end of the fish's back bone and push it down toward the tail. Many of the bones will disappear this way and you can cook it more easily.

Canada produces both sea and lake Herring in quantity. Personally I prefer the smaller, but more flavoursome ocean variety.

Roll your Herring in bread crumbs or corn meal, and fry on a hot pan until the skin is golden brown and the meat is white. This should only take a few minutes. Serve right away with vinegar, salt and piles of hot buttered toast.

We think we are rather noted for our pickled Herring, which is somewhat like the Scandinavian spiced variety except that it is lightly cooked.

We bone our Herring, after either buying it as fresh as possible, or catching it. Scrape off the scales and take off the head, of course, then we roll it head first and secure with a toothpick. These herring rolls are placed in a baking dish or casserole with one tablespoon mixed pickling spice including the pungent bay leaf, sprinkle with salt, a little sugar and slice one Spanish style Canadian onion very thinly and place on top of fish. Cover the whole with cider vinegar and bring to a boil in the oven. Turn heat off and leave dish in oven for about ten minutes, set aside to cool, and serve with a salad. This fish will keep for weeks if packed in sterilized sealers.

Canadian Pilchards in tomato sauce and Canadian Sardines are not to be despised. They are packed in cans right at the fishing headquarters on the Atlantic and the Pacific coasts of Canada, and make excellent sandwiches, savories on toast, salads, etc. They are so inexpensive that they are often passed by, but believe me when I tell you that a Canadian Sardine sandwich is a very good one.

We even have Canadian Caviar.

Way up around Nakeena, and other far northern spots, Canadian Sturgeon is caught and, for some years now, there has been quite a development of Canadian-caught caviar which, as you perhaps know, is the roe of the Sturgeon. Most of this has been shipped to the New York market, where, of course, it brings the biggest prices.

It is mildly cured, the eggs rather larger than the imported Russian variety. We have tasted it and found it very good, although perhaps you would prefer to season it with a little salt.

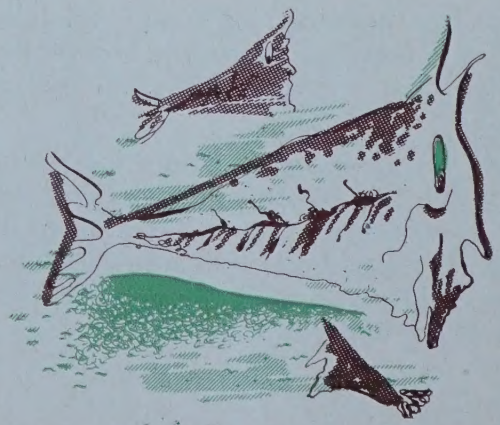
I was once at a dinner party where Canadian Caviar was served as a course, and really I felt quite proud as connoisseur after connoisseur sang its praises. It was served individually in small glass containers packed in ice tinted green, with slices of crisp toast, a small container of sieved egg yolk, another small container of finely chopped onion and wedges of lemon. It was really an impressive setting and received the praise it deserved.

To rush from Caviar to Kippers, is rather like going from the ridiculous to the sublime or vice versa, but we told you in the beginning that this was no ordinary cook book.

And so—**Yes, we have Kippers in Canada.**

They are rather larger than the famous Scotch variety, rather more meaty, too, and well cured. Do not overcook a Kipper, and you cannot do much about the odour except enjoy it, that is unless you follow the example of a friend of mine. He adored Kippers, but his wife refused to cook them because of the smell, and so this clever fellow took his Kippers into the furnace room and cooked them in the furnace. He said they were wonderful toasted that way. His wife never entered the furnace room, and the family peace was preserved.

Canadian Kippers can be cooked on a well greased frying pan for about four minutes on each side, or under your broiler. Thin bread and butter and a cup of hot tea go well with Kippers.



Then those little dried up morsels called Digby Chicks, why "chicks" we don't know, but then Bombay "duck" is misnamed in much the same fashion, for certainly it never saw a feather! Digby Chicks are salted smoked fillets of herring, small as an anchovy fillet, and dried. They are salty, and warranted to create an appetite when served pre-dinner. They are reasonable in price, and very tasty.

We irrational Canadians will "Oh and Ah" over the same type of smoked fish coming from Bombay under the misnomer of "Duck" and pass our own Digby Chicks by. Don't do it! The latter make just as good an accompaniment to curry as do the former if you dry them a little more in your own oven; that is if you insist upon having Bombay "Duck" with your curry. As an Hors d'Oeuvre you simply take them up in your fingers and nibble on them. They do make you hungry, and thirsty.

Scallops—Canadian

Not even peacocks' tongues or roast swan—relics of the good old days—can compare, to my way of thinking, with a sizzling platter of golden brown scallops! Serve them with French fried potatoes, thread-like cole slaw and tartare sauce with a crisp rasher of Canadian bacon on top.

And praises be! We can catch real Canadian Scallops in the shoal waters off the coast of New Brunswick and Nova Scotia. They are rushed to our markets in refrigerator cars as soon as they are harvested.

Fried Scallops are wonderful, but don't over-cook them or they become tough. Roll them in beaten egg, then in crumbs or corn meal seasoned with chopped parsley, salt and a little pepper and fry them in hot fat until they are a golden brown all over. The operation only takes about eight minutes all told. Serve on squares of toast with the above accompaniments, **hot** and **immediately!**

A delicious mixed fish pan fry can be had by melting butter, bacon fat and shortening, etc., in the pan, and frying scallops, oysters and pieces of fillet of sole. Serve all together garnished with parsley and tartare sauce contained by the oyster shell.

Perch are inexpensive in Canada. The Perch run brings thousands of eager fishermen to inland lakes like "Simcoe" to catch the meaty fish.

Broiled Perch is delicious. Place about two inches below your broiler after cleaning, beheading and scaling the fish, and dabbing it with bacon fat or butter. Perch can be bought in season at most sea food stores in Canada, but of course the fish has an added flavour when you catch it yourself.

Canadian Smelts

It is a source of much gratification—to be quite pompous about it!—that the tasty little Smelt has invaded Canada in such large quantities. Formerly these fish used to swim up our rivers from the sea, but of late they have been caught in large numbers in our lakes as well. The jumbo Smelts are really something to be proud of.

The proper way to cook Smelts is to fry them to a sizzling brown, or brown them under the broiler. It is not necessary even to decapitate them, although you do not eat the heads. When cooked the skin must be crisp and the meat white and juicy coming away from the bones.

You can make a delicious luncheon of smelts, or a breakfast with hot buttered toast, or serve them as a fish course at dinner. Two jumbo Smelts, or four small ones constitute an ordinary serving, although I have known Smelt lovers to consume as many as six jumbos at one sitting, with no ill effects.

Tartare sauce is the correct accompaniment, failing that a few drops of vinegar or a squeeze or two of lemon.

The last, but by no means least, Canadian fish we discuss in this chapter is

CANADIAN WHITEFISH:

It is a thrilling sight to see the fishermen catch this substantial lake fish from the cold inland lakes and throw it on the ice to freeze. Whitefish is caught, in most cases, through the ice in early winter and gives us yet another gastronomical treat when other fish either forsake our cold waters, or sleep at the bottom of the lake or river during the cold weather.

Baked Canadian Whitefish is very good. Behead and clean your fish, sprinkle lightly with salt. I have rubbed a pungent clove of garlic inside the fish before stuffing it, but to do this, you must be fond of the garlic flavour.

Make a dressing of boiled rice, chopped celery, chopped green pepper, one small onion chopped and one tablespoon of parsley, pepper and salt and bacon fat. Stuff and secure your fish with needle and thread, and bake in 350° oven for about forty-five minutes to one hour depending upon the size of your fish. Strips of Canadian bacon on top of the fish, not only prevent it from burning, but also add to its flavour.

And So Ends Our Fish Story

Although there are many Canadian fish not to be found on these pages, we feel that we have covered the most important of our catch and have, we hope, inspired our readers to take a Canadian fisherman's holiday, and to learn to enjoy eating his own catch of fish. It indeed has a flavour all its own.

CANADIAN HOLIDAY

I've got my fly, I've got my rod,
I've hired a good canoe,
I've bought myself a frying pan,
And some provisions too,
I've left the city far behind,
With all it's noise and clamour—
I'm off to where the sleek black bass
Swims deep in all its glamour.

I'll pitch my tent beneath the pines,
On some Canadian shore,
I'll light my fire and cook my fish—
A king could wish no more,
And there beneath the Northern Lights,
I'll light my pipe and dream
And from the rustling reeds I'll hear
The Loon's mysterious scream.

GAME

The morning mist is rising,
When I put out my decoy,
An' then ma frien's I sneak along the shore,
For ma leetle gun is loaded,
An' ma heart she sing for joy—
An' I hope to bring down dozen duck, or more—

By golly, now I see dem,
A flyin' up so high,
Ah see de fines' canvas back
An' red head passin' by—
An' blue bill an' butter ball—
I pull de trigger so—
An' den I feel ma leetle bag
Wit' dose dat's flyin' low—

One of the greatest attractions Canada has is her great hunting and shooting grounds. When the summer is over and the maple turns red and gold in the hills, and the crimson sumach and the bronze bracken mingle their colours with the dark green pines, the man in the store; the man in his office; doctor and dentist; lawyer and broker—take out their guns—take out their licenses—take their mackinaws out of moth balls and their hunter's boots out of the trunk and plan their annual hunting trip.

Some go duck shooting, for Canada's wild duck are famous the world over. Some shoot pheasant and others partridge. While on the Western prairies grouse, prairie chicken and snipe (not to speak of the odd jack rabbit) lure the hunter's gun.

Later on, the hunter seeks larger game —deer and moose bring sportsmen by the hundred from Canadian cities and from all parts of the United States. Up north, expert guides await them and then the fun begins and many a car is seen thereafter with a limp deer or stag tied across the radiator.

Canadian Wild Duck

Edible wild ducks, such as canvas back, red-head, black duck and mallard, and the smaller teal, butter balls, muscovy duck, etc., are shot in the fall after the birds have been feeding on wild rice, natural grasses, etc., growing in the marshlands.

They should be plucked and singed and drawn, but **not** washed. The inside should be wiped dry with a damp cloth.

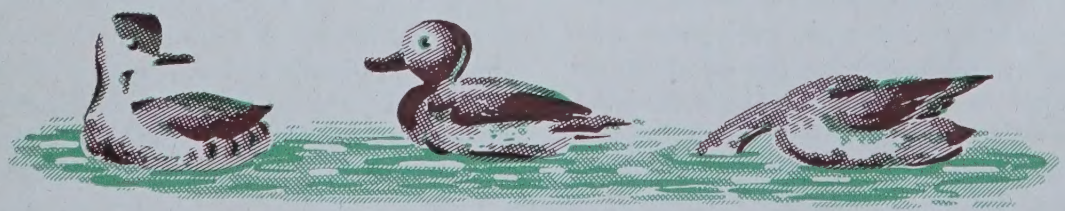
The larger wild duck can be prepared very much as is the domestic duck with excellent results.

Prepare this dressing—2 cups boiled rice, 1 cup chopped celery, 1 cup chopped apple, 2 onions finely chopped, salt and pepper, 1 tsp. sage, 1 tsp. thyme.

Stuff birds, lay strips of Canadian bacon on breast and roast uncovered in 350° oven. The best results are obtained by basting with a native wine or with red currant jelly diluted with a little water. Cook for about 40 minutes for the larger birds and 25 minutes for the smaller birds. If you think that dressing of any kind takes away the "gamey" flavour of your duck then omit it altogether and roast as above. Then serve your duck nicely browned and juicy with the following—2 cups wild rice washed and boiled with 1 onion, ½-lb. mushrooms and ½ green pepper—When cooked, drain rice, mix with onion, and mushrooms which have been cut up and simmered for ten minutes with 1 tbsp. butter and ¼ cup water, salt and pepper. Turn into a casserole and bake in oven for about ten minutes. Serve with duck.

Spiced grape jelly, red currant or black currant jelly, fast-frozen green Gaspé peas cooked with a sprig of mint or a tsp. mint jelly, fried potato balls, also are good companions to wild duck.

The harvest of wild rice is gathered by the Indians who shake the ripe rice into



their canoes. If no wild rice is obtainable, then pot barley is a good substitute.

Soak pot barley overnight in boiling water—drain and boil with the onion and a little salt for about 25 minutes—then add mushrooms as if it were wild rice—dot with butter and season and bake in oven for about 15 minutes.

If you're very prodigal with your duck, having had a very good season, then you can have a special party and serve only the breast—but to do this, the duck must be fairly large with a good plump breast. Cut off the breast of four ducks—place in a casserole with ½ clove garlic, ¼ cup native wine or currant jelly—and cover with bacon strips. Cook without cover in 350° oven basting continually, for about 25 minutes—serve on platter surrounded by baked apples stuffed with raisins and watercress.

No, madame, the rest of the duck is not to be thrown away—dissect it and make either a savory curry or a casserole out of it, by browning the pieces with onion and herbs, adding water or stock and simmering it until tender on top of stove or in a crock in the oven. Gravy should be thickened and poured over duck before serving.

Canadian Pheasant

This comes under the heading of "big game birds" and should be roasted. Pluck, singe and draw, then wipe with a damp cloth. The giblets are carefully saved for gravy. Stuff with a dressing of —2 cups bread crumbs, 2 tbsp. parsley chopped, 1 tsp. thyme, 1 small onion chopped, and ¼-lb. chicken livers fried in bacon fat and chopped, salt and pepper and 1 tsp. butter.

As pheasant is inclined to be dry, grease bird with bacon fat or butter and place it in a well greased paper bag—roast for about 1 hour to 80 minutes depending upon the size of your pheasant —Take out of bag and make gravy from the rest of the giblets which have been simmering with 1 carrot and 1 onion.

Bread Sauce: Is traditional with pheasant—it is not as rich as fried bread crumbs and very easy to make. Take 2 cups soft bread crumbs—place in a bowl. Bring 1 pint milk to a boil with 1 onion studded with whole cloves. Pour the milk and onion over bread crumbs and allow it to stand for an hour or so. Take our clove studded onion and beat soaked crumbs—add a little butter, salt and pepper to taste and heat again in saucepan or oven.

Bread sauce is also good with roast chicken, but don't—ah don't!—omit the clovy onion or you will have an insipid bread and milk.

A full grown pheasant should serve four people with dressing and accompaniments—finely cut green beans are good, also fried parsnips and a green salad.

Plump Little Canadian Partridge: Can be cooked with impunity the same way as pheasants. Some epicures omit dressing, but having tried both, I find that dressing in these little game birds not only keeps them more moist when cooking, but actually adds to their flavour as long as the dressing in question is not too highly seasoned.

I would suggest than when cooking partridge you omit the onion in the dressing, adding cooked mushrooms in its place.

Canadian Quail, Snipe, Plover, because of their size, are not sought after as are the larger game birds. Our appetites in Canada call for more than a couple of quail at a time.

But when shot, these little birds are very delicious stuffed with a dressing of chicken livers fried and mashed with a suspicion of garlic, salt, pepper and summer savory—the birds are so small that 1 lb. chicken livers will stuff half a dozen of them—they are then tenderly wrapped in Canadian bacon or strips of salt pork and roasted in a casserole, basted with diluted jelly or grape juice. These little birds only take about 35 to 40 minutes in a 350° oven. If you like them rare, then 20 minutes—we don't.

We once enjoyed prairie chicken in the west. Shot on the western prairie their flavour was positively delicious. Roasted, served with crisp bacon and tiny sausage with a wine sauce flavoured with herbs.

I listened with interest to the story of a westerner who prided himself both on his prowess as a shot and as an amateur cook! He said he made a fire out in the open and, after having shot, plucked and drawn his prairie chickens, he semi-barbecued them over his fire on an iron grid—eating the savory meat in his fingers afterwards—You might like to try this some time!

Canadian Wild Goose

Do we need to tell you that it is twice the size of the mallard duck? And therefore it takes longer to cook.

After plucking, singeing and drawing the bird, simply stuff it with apples—these are not eaten, but they are there for the purpose of adding flavour to the bird. Roast in 350° oven for about two hours for a medium young goose—their age may be determined by the flexibility of the breast bone, and also by the scales on their feet.

Boiled Ontario onions with a good cream sauce, mashed Ontario rutabagas are excellent with roast goose.

If you really like the dressing—then stuff with a sage and onion mixture, bread crumbs, or boiled rice.

Canadian Jack Rabbit

Very much like the prized English hare is this Canadian rabbit—larger than a cotton tail, but not any fleeter when chased by the hunter and dogs. Very good eating, too, when prepared properly. If any of your family have an uncalled-for prejudice against rabbit, likening it to another quadruped usually found in-

doors, don't tell them anything about it! Pretend it's chicken or something, and once having eaten "jugged Hare" they'll come again if they like a tempting savory dish.

First of all, when your husband brings home his rabbit after a grand day's shooting, it has to be skinned, and you would be well advised to let him finish the job. However, it isn't difficult if you start at the hind legs and hind quarter, finishing up at the head. With a sharp knife to help, the skin comes off just like your winter underwear.

Then clean the rabbit, taking out the liver. Rabbits' liver is very good fried with a little bacon. Then disjoint the animal. This is not difficult and you will find that even the back on which lies the sweetest part of the meat, can be cut into 2-inch pieces very easily. Then immerse all pieces in salt water for 2 or 3 hours or overnight. This takes out all the blood from the flesh and should leave the pieces of rabbit as white as chicken.

Then get out your earthenware crock—wash the pieces of rabbit and lay them in the bottom of the crock with ½-lb. diced salt pork (failing the latter, use bacon). Add 1 large bunch parsley, 2 bay leaves, 4 cloves, 1 tsp. thyme, 1 tsp. summer savory, 1 small clove garlic, 3 onions finely sliced, 3 carrots diced and ½ small turnip. Cover this with water and place in 350° oven. Cover and allow stew to come to a boil, then turn the heat down to low, allowing the jugged rabbit to simmer gently for at least 2 hours. During the last half hour, add 1 cup native wine or ½ cup red currant jelly and bring to boil again. Thicken with flour and serve with mashed potatoes and any other vegetable your heart desires.

(We forgot the salt and pepper, but as no cook worthy of her or his name ever serves a dish without first tasting it, we know you will add the pepper and salt necessary for good eating.)

Yes, you may roast Canadian rabbit, or hare. In this case, do not cut it, simply wipe it dry after the saline bath and stuff with sage and onion dressing.

We don't like the idea of eating Canadian squirrels, so we will not mention it, but we are told by hunters who are also good cooks, that squirrel stew is delicious—but perhaps you would like to experiment yourselves.

We are after much larger game.

Canadian Deer or Venison

Most hunters, after deer shooting, prefer bringing home the carcass as proof of their prowess, and have it prepared by experts in their own home towns.

This being so, we'll simply tell you how to cook your venison and leave the preparation either to the hunter or his most efficient Canadian guide.

Roast Canadian Venison.

One hunter told me that the most savory dish of venison he ever had was when he cut a venison steak in the woods, made a fire, clapped a wild duck on top and roasted it on a grid over the fire. We'll take his word for it, but for a really good venison dinner without the trimmings of ash and burnt sticks, give me the following:

Soak your roast in vinegar and water overnight—1 part vinegar to 3 parts water—then wipe dry and rub with bacon fat or good pork dripping—sprinkle with herbs and pepper—place a piece of suet or salt pork right in the centre of the roast, as venison is inclined to be dry. Make a flour and water paste—just like pie dough without the shortening. Wrap the venison completely in this blanket and bake in 350° oven for about 3 hours for a 7-lb. piece of venison. During the last half hour of baking, crack open the paste shell (it will be very hard) and rub the venison with a little grape or currant jelly and brown in an open pan—the jelly will give a delicious flavour to the gravy.

Some people baste meat during the last half hour, with native wine. Others, who are partial to the excellent flavour of garlic, insert a clove in centre of meat before wrapping in paste blanket.

Note: It is always advisable to allow venison to hang for a week or ten days at least, before eating.

Venison Steak.

Can be cooked like beefsteak—either broiled, pan fried or cooked in casserole. It, however, needs a little added flavour, such as red currant jelly, melted and used as basting material, or red wine.

Canadian Moose.

Is rather more difficult to shoot, they tell me, but is cooked in just the same way as his cousin the deer. They both come under the category of venison.

Canadian Bear Steaks

we believe are very good, but hunting the bear is such an exciting business and the bear skin such a useful thing on the hearth, that the meat takes a second place.

Buffalo

In Canada buffalo is protected, because of the gradual diminishing of the great herds which formerly roamed the prairie—but once a year our paternal government allows a certain number of these ugly but picturesque animals to be led to the slaughter and thereafter to be enjoyed by Canadians who crave Buffalo meat.

Buffalo steaks taste very much like good beef—a little sweeter, a little darker in colour. They are cooked in precisely the same manner as are beef steaks, but should be well hung before eating. In Eastern Canada buffalo is a rarity, but farther west the novelty of a buffalo steak dinner is not so great.

The Fair...

The Maple Tree is tinted
With yellow and red and gold,
The clear Fall air is bracing
Canadians young and old.
We rise in the morning early
And harness our prancing mare,
For Ma and Pa and the boys and girls
Are off to the Markham Fair.

We'll be showing our well fed cattle,
And sheep of Southdown breed.
There'll be sleek white hogs with meaty flanks,
And many a prancing steed,
And Ma has entered her pickles,
Preserves and her pumpkin pies.
She's known all over the country
And is sure to bring home a prize.

We've read of Florida's beaches
Where people bask in the sun.
They say there are shows in the city
Where people have lots of fun.
But me, I'm a lad of the country,
Grew up with the wind in my hair,
And I wouldn't exchange for all those things,
A CANADIAN COUNTRY FAIR.

There is a romance and adventure about shooting Canadian game, and an accompanying thrill in serving the spoils at dinner—but the rank and file, for the greater part of the year, must subsist on tamer fare.

We are fortunate in Canada, our domestic meat-bearing animals are so plentiful and so good. In Ontario, we have the famous Muskoka and Manitoulin lamb. In the West we have our equally famous steer beef and every province raises hogs of excellent quality, while milk-fed veal is to be obtained in the markets of all Canadian cities.

We are meat-eaters, we Canadians, and through it find the protein necessary to keep our bodies going in our daily task of building up our comparatively new country.

Here are one or two recipes for **Muskoka and Manitoulin Island Lamb.** —Take a clove of garlic and insert it deep in a leg of lamb before roasting. Lamb should be well cooked, but should not be roasted in a hot oven—300° to 350° temperature is high enough.

Lamb chops should not be broiled too quickly, whether you cook them under the broiler or pan broil them over the fire. If you do, then you get a hard crust on the outside and often the meat inside is not cooked. It is far better to cook them slowly and then do your browning, if necessary, at the last.

Chump Chops en Casserole.

Roll chops in seasoned flour to which a little chopped or dried mint has been added—Brown on frying pan—place in casserole or baking dish with a little orange juice to baste. Cook for about 25 minutes, or until chops are tender—serve on a sizzling platter with baked Marsh potatoes or Prince Edward Island potatoes in season—Frosted Gaspé peas and jelly made from your own garden mint. If you have no mint in your garden and are not interested in jelly making, you can buy delicious mint jelly in almost any grocery department.

Canadian Steer Beef

Much of this is raised in the West, and the association of cattle ranches, cowboys, rodeos and rolling prairies, really does add to the flavour of our good Canadian beef.

But we must admit that Ontario and part of Quebec's lush farmlands around Sherbrooke and the Eastern townships, produce grand beef cattle, too. So does the Peace River district, which has been reverting to mixed farming of late.

So we are more correct if we say that our Canadian beef is raised in all parts of Canada and in this way avoid national complications.

Throughout many parts of Canada, the enterprising boys and girls of Canadian farms, form "Calf Clubs." Their dads give them a small calf almost as soon as it is born, and it is their own personal property to care for and to feed. When it becomes a full grown steer they have a show and for miles around animals raised in this way are brought in and the judges award prizes for the best. The competition is keen and the stock raised in this way is of a very high grade.

Fall and Winter Fairs, through Ontario and in all agricultural districts throughout Canada, bring to the markets, fat, well-fed and well-finished cattle.

There are people who think that "Baby" beef produces the finest and most tender roasts—but we prefer prime beef —well hung and properly cooked, this should be as tender and as juicy as only a good roast of beef can be—besides it has, to my way of thinking, a finer flavour.

Canadian Beef, for the most part, is well hung. Beef should hang for at least two weeks before it is ready for cooking.

Beef Should Never be Overcooked—

There are many people who still ask for a "well done" cut, and get for their pains, a piece of meat from which most of the flavour has been cooked out. We like it rare—we like our steaks rare, we like our roasts with the red juice running out of them, and yet the meat is not raw! This can be achieved in an oven of not more than 350°, with a cooking time of about 20 minutes to the lb., unless your roast is very thick.

Cook your roast beef in an open pan and ask your good-natured butcher to give you a piece of suet to put on top. In this way the roast bastes itself.

When you buy your roast of beef, do not buy it too fresh—housewives are often disappointed in a roast of beef which was bought because it looked a bright "fresh" red. It is better when a little darker in colour with the fat slightly shrunk (this, of course, when you buy from a reputable butcher).

In Canada, we housewives are really protected by a fatherly government in our meat buying. At the abattoir, all legitimately sold meat is examined by inspectors, and stamped—"Red" Brand for the finest quality beef and "Blue" Brand for good quality.

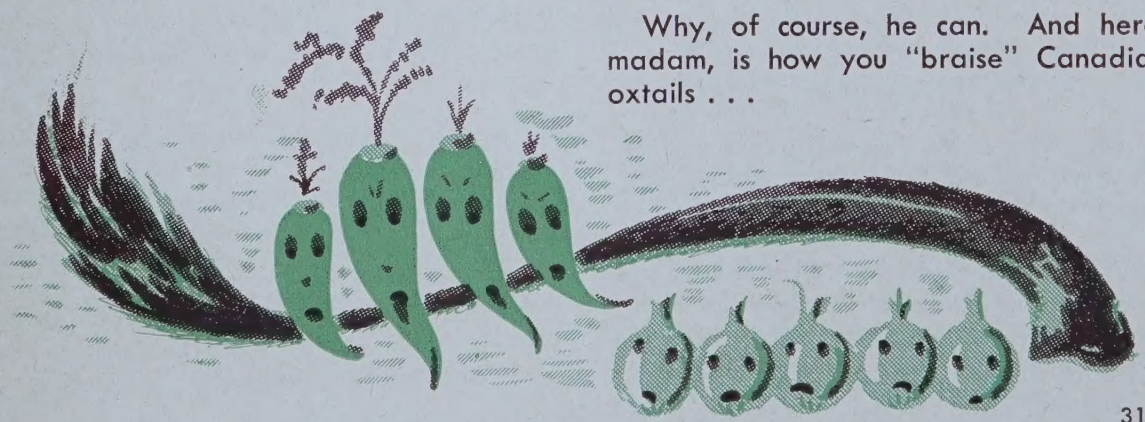
Baby Beef, beloved by some Canadians, is cut from animals just a step older than veal, but, as I have remarked, we recommend Prime Canadian Beef, both for texture and for flavour.

We recommend a Beef Steak and Kidney Stew . . . only we don't make it from steak, but from the more gelatinous, less costly shank beef. Again, if you have a pressure cooker, your cooking time is cut by two-thirds, with just as good results as the long cooking process.

Cut your shank beef in pieces and roll in seasoned flour—soak your beef or veal kidneys in salted water for about 1 hour, then slice and roll in flour. Brown the meat and kidneys in fat on the bottom of your cooker with one sliced onion, then add ½ cup hot water, put on the cover and "let 'er go" for 35 minutes. Take off the cover and you have meat so tender you can cut it with a fork—and the most delicious gravy! Thicken with flour and serve any way you like. Chopped carrots, whole onions and mashed potatoes complete your meal. If you have no cooker, then brown your meat and onion on a frying pan, add water to cover and simmer for about 2 hours.

"Darling, I had the grandest oxtails in the restaurant today. Braised they called them on the menu. Why can't I get them at home ?"

Why, of course, he can. And here, madam, is how you "braise" Canadian oxtails . . .



Your butcher chops them for you—insist that he does, as it is quite a job to do it yourself. You then wash them and roll each piece in well-seasoned flour—brown in your cooker or frying pan, and be sure you brown them well—also 4 chopped carrots and 5 chopped onions and 2 bay leaves. Add 1 cup hot water to your cooker, meat and seasonings and cook at 15 lbs. pressure for 40 minutes.

If you have no cooker, then brown as above with the same ingredients, cover with hot water and simmer for 2½ to 3 hours. Thicken gravy and serve. Mashed turnips are good with braised oxtails.

Short Ribs of Beef can be cooked in the same way, and these also are eulogised by most men when they get them in restaurants and pay quite a lot for their dinners, too—but when you buy them and cook them at home you will find that shank meat, oxtails and short ribs are very easy on your budget.

Most men, and women, too, in this land of ours, or indeed in any land, like a properly cooked steak.

And . . . a steak of well matured, well hung Canadian beef, cooked to a turn and served on a sizzling platter, is something to dream about.

(1) Your steak must be thick, **at least** 2½ inches.

(2) It must not be over-cooked—1 minute close to the flame on both sides, then 7 minutes on 1 side about 2 inches from broiler, and 5 on the other.

If you **must** have well done steak, then of course give it more time, but don't blame me if the juice runs out.

(3) Serve your steak as soon as it is cooked—make your guests wait for the steak—there are lots of ways to entertain them gastronomically for 10 minutes or so.

Bring it sizzling to the table with all due ceremony—decorated with sprigs of parsley and in its own delicious juice.

Yes, it is permissible to sprinkle salt and pepper and to brush lightly with fat before you cook your steak—in fact we recommend it. Also give it a loving caress with a clove of garlic, if you really are a connoisseur of good eating.

Sirloin Steak is best for a large company.

Porterhouse Steak has a "tail" which is inclined to be fat and rather stringy.

How often have we heard an argument at the dinner table—one man says "What delicious steak!" Another—"I

don't know, mine was rather tough." "How can that be?" questions the cook. "It is all the same steak." To prevent this argument, cut the end from your porterhouse steak and mince it for hamburger.

Filet Mignon is really raised in Canada! But let us be different and call it a Minute Steak! It is expensive and hard to get. It is also almost infallible as a tender cut of beef—and is well liked at ladies' luncheons or at dinner parties where mine host suffers from an inferiority complex in regard to carving.

These fillets should be at least 2 inches thick, broiled for about 4 minutes on each side and served topped by a lordly broiled mushroom.

Some wrap them in bacon. We don't, as the bacon seems to take away the "beef" flavour from the steak.

We are not overly fond of these dainty steaks. To us they lack flavour. Besides, we think we can tackle the lordly sirloin to everyone's satisfaction. In addition to which they are too expensive for us, but they have their place at that, at Canadian dinner parties.

We Like Hamburgers in Canada.

We have our butcher mince our round steak. To this, add 1 chopped onion, salt, and pepper, and a little chopped parsley —then we form it all into flat cakes and cook them.

(1) under the broiler—

(2) on a frying pan with a little oil or fat—

(3) on a grill or grid over an open fire in the great outdoors.

You may add beaten egg to bind your hamburger if you are so inclined, or add any other seasonings, or, of course, omit the onions if they don't agree with you.

Fried onions, chili sauce, mustard, relish, all nice somewhat indigestible things add lustre to our hamburger roast— and after all indigestion is often only a mental hazard.

Prime Ribs of Canadian Beef.

Either boned and rolled or cut short, leaving the short end rib for braising, makes a popular roast. It's a streaky roast, too, if your family is like Jack Spratt's, it contains both fat and lean.

Porterhouse Roast of Canadian Beef is a deluxe roast.

We suggest that you make a 3-way roast of it. Buy about a 10-lb. one. First, have your butcher mince the tail, which will do for hamburgers or shepherd's pie. Next, have him take out the precious fillet on which you can feed a party of 3 or 4 nobly. Then you have your roast, a tidy size, too! Thus you have 3 hot meals from one roast of beef.

Pot Roast of Canadian Beef.

Here again we **do** like using our Pressure Cooker. We buy a piece of rump, blade, or chuck roast, and brown it well in our cooker on every side. After dredging it with seasoned flour, we add about $\frac{1}{2}$ cup water, 3 whole onions, and cook at 15-lb. pressure for 60 minutes for a 6-lb. roast. Whole carrots, potatoes, etc., can be put around the roast 10 minutes before the hour is up.

You Can, of course, Use Your Oven for pot roasting.

Brown your meat as above, add water, $\frac{1}{2}$ cup to your roasting pan, and cover and cook slowly for $2\frac{1}{2}$ hours for a 6-lb. roast.

Or you can use a dutch oven on the top of the stove, by browning your meat, adding water, and vegetables, and cover, and simmering for about $2\frac{1}{2}$ to 3 hours. But we like the Pressure Cooker method best.

Canadian Bacon—**Is famous in most bacon-loving countries. It is especially prized by Americans visiting Canada.**

Over and over again we hear American visitors say "We've got to take back some marmalade, some black currant jam, and, of course, some of that GRAND CANADIAN BACON!"

Strange that hogs raised in adjacent countries should be so different in flavour. It may be the curing.

Unlike the acorn-fed hogs of Poland and other European states, and the peanut-fed hogs of the deep South, Canadian hogs are chiefly fed grain and its by-products. Hogs are raised in nearly every province and Canadians like pork in all its delicious cuts and slices.

We Like Pork Tenderloin—and we like it stuffed! We flatten the tenderloin with the butchers' cleaver, and spread with a savory sage and onion dressing, its base being either bread crumbs or cooked oatmeal, and its seasoning chopped onions, sage, thyme, parsley, salt and pepper, plus a little bacon fat to bind it together. Then we stitch up our tenderloin until it looks like a small prehistoric monster after eating itself into a coma! We grease it lightly with bacon fat, tie up in a greased brown paper bag, and roast in an open pan at 350° for about 70 minutes, or an hour and a half.

Apple sauce goes with this tasty meal, and mashed turnips with cream to season instead of butter, and lots of pepper and salt.

Pork Tenderloin can also be cut into 3-inch pieces and also smacked into a decent flatness and rolled in seasoned milk and crumbs and fried on the pan. If you do it this way, be sure that your fat is hot before putting in your pieces of tenderloin, and also be sure that you do not burn it.

When Chickens Were Scarce and Expensive.

I have fooled some very epicurean guests by giving them mock chicken salad made from pork tenderloin, boiled in water flavoured with a bay leaf and a bunch of parsley, and then cut into cubes and mixed with chopped celery and salad dressing.

Even if they cleverly discover that the "mock" chicken is pork, you need not apologize, for it's good eating.

Pork in all its forms and cuts must be **well** cooked.

Nothing is more appetizing than a sizzling beef-steak with the red juice running from it, and nothing is more indigestible than a pork chop cooked rare.

Speaking of Pork Chops—those cut from the loin of pork are the favourites and the most expensive.

If you pan fry them, dip them in salted milk and crumbs or flour, and place them on a pan with a little hot fat, and brown on each side. Then cover the pan, turn down the heat and simmer for about ½ an hour. A little chopped onion on the bottom of the pan helps the flavour, but then we like onion in almost everything, besides it helps to "brown the gravy pan."

Pork Chops en Casserole.

Brown your chops as above, with sliced onions and sliced green pepper. Place a layer of the latter on the bottom of the casserole or baking dish, then the seasoned pork chops and top with 1 cup canned tomatoes, or 2 sliced fresh ones. Bake in oven 350° for about 45 minutes.

Butt of pork is cut from the shoulder.

Ask your butcher to take out bone. Then stuff with cooked rolled oats, flavoured with sage, onion, chopped celery, parsley, salt and pepper. Roast in 350° oven for 25 minutes to pound.

If You Have a Pressure Cooker You Can Do What I Did.

Stuff the shoulder, stitch tightly, and

brown on bottom of your cooker on each side (the better you brown your roast when you use the Pressure Cooker, the more appetizing the results will be).

Having done this you add ½ cup hot water, place your meat on the rack provided and cover. Cook for 1 hour at 15 lbs. Take out the meat and make your brown gravy just as you would from a roasting pan.

Minced Fresh Pork.

Mixed with salt, pepper, and a suspicion of very finely chopped onion and sage, and a beaten raw egg to bind, made into little balls and fried a golden brown, make a delicious tid-bit at a cocktail party or snack party. I have served them, speared with a toothpick, from a hollowed out round loaf of bread which had been toasted in the oven.

Also, a few of these savory balls make a welcome addition to a mixed grill.

Once I made them into patties, fried them and served them with apple sauce on toast. Very good, too!

A Suckling Pig may look pathetic to some people, but he can look beautiful roasted and glazed a golden brown, with a rosy apple in his mouth, decorated with cranberries and set on a bed of parsley at the head of the buffet table.

He has to be stuffed, of course! Try bread crumbs, chopped apple, chopped prunes, chopped celery, onion of course, and if you like it, a suspicion of garlic, sage, marjoram, thyme and parsley, (we love our herbs) salt and pepper and a little bacon fat. When he's stitched up tight and skewered you roast him in the oven for about 3 to 4 hours, slow oven, please. The glazing is done by adding gelatine to the brown gravy and brushing the roast pig all over with this. You may have to let the first coat set, before you put on the second.

Canadian Pork Sausages, when purchased from a good butcher are very high in meat content. They should be pink and very fresh looking and should be cooked on the day purchased.

Have you ever cored an apple?

A nice big Canadian one, and inserted one or two pork sausages in the opening, then baking the stuffed apples in the oven. The apples should be sweet ones, McIntoshes or Spies.

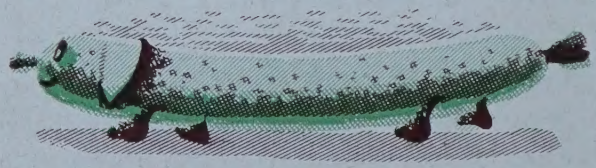
Always remember that properly cooked pork is not indigestible—and is higher in vitamins than other meat.

Pickled Pork—meaning that it is not smoked, merely placed in brine or pickle for some weeks before being brought up to your butcher's counter.

First—freshen it in cold water for an hour or two. Then you can either boil or bake it in the oven.

If you boil it, add ½ cup brown sugar, about 6 cloves, 1 bay leaf to the water, and simmer for about 2 hours and a half for a 5 lb. piece.

It can then be divested of its skin, and if you like, sprinkled with breadcrumbs, dry mustard, and a little sugar and baked in a 375 degrees oven, basting the while with ginger ale, or fruit juice. Cider is grand for this purpose.



Canadian Back Bacon

should have a page all to itself.

You can bake it;
You can fry it;
You can broil it;
You can boil it—and it's good cooked any way.

You can buy it in three guises.

Peameal Back Bacon—this is back bacon, unsmoked, lightly cured and then rolled in corn or pea meal.

If you like it baked—place in an oven, 350 degrees, with a little brown sugar, breadcrumbs, powdered cloves, and hot mustard sprinkled on top. Keep it well basted after the topping has formed a crust. Bake for about 25 minutes to the pound, unless the piece is very thick.

Sliced and Pan Fried, it is delicious with lightly scrambled eggs, but do not cut your slices too thin.

Boiled peameal back bacon is delicious.

My mother used to boil it with a boiling fowl. Cover the fowl with water and a sprig of parsley and boil for ½ an hour. Then add your bacon and cook until fowl is tender. The combination soup is wonderful, and the bacon adds a flavour to the chicken.

Fried Peameal Bacon and Scrambled Egg makes a good three decker sandwich. Toast your bread. Fry your bacon. Scramble your eggs, adding a little chopped onion and parsley. Alternate layers of egg and bacon on your toast. Serve hot.

Then we have our Smoked Back Bacon, either in a casing or flat. The casing back is in a round roll pressed together. The ordinary back bacon is in a piece, and usually has no rind, and can be easily sliced.

This bacon is quite well smoked, and when you fry or broil it, it needs very little cooking.

You can bake it in the same way as the peameal bacon is cooked. It is quite lean and has a wonderful flavour.

One round of toast—or a toasted roll or rusk,

1 thick slice of fried tomato,

1 medium thick slice of back bacon fried, makes a substantial and tasty sandwich.

For bacon and eggs—that wonderful standby that can be eaten morning, noon and night with no ill effects, give me Canadian streaky side bacon fried gently, not to a crisp. I cannot understand people who prefer their bacon with all the goodness fried out of it, but we know there are many people who do.

There really is an art in frying bacon and eggs.

Do not have your pan on too hot a fire, you burn the edges of your bacon by doing this, and clothe your eggs in "lace," most indigestible and tough. Fry your bacon on a medium fire, without smoking. Turn often, then when a nice delicate golden brown, set your eggs on the same pan and lower heat. Baste with the bacon fat until the top of the egg is covered with white, then gently lift on to the bacon platter. That is all.

A wonderful Sunday morning breakfast is bacon and eggs fried with lambs' kidneys! I don't know whether this is exclusive with Canada, probably it isn't, but I ate my first bacon-egg-and-kidney breakfast in Canada and can recommend it to you too!

Hams and Picnic Shoulders

The real honest to goodness Canadian ham is wonderful. The picnic shoulder which is cut from the shoulder or front quarter of the animal comes second best, and don't let anyone deceive you into thinking that the less expensive picnic shoulder is as good as the real thing. It isn't! It is tasty and certainly less expensive, but it isn't as mild and flavourful and sweet as the leg ham.

With this apology we will proceed.

You can buy Canadian Hams with or without bone. Me, I like it with the bone, bearing in mind that old proverb—(or is it a proverb?)—the nearer the bone, the sweeter the meat.

There are several well known brands in Canada, and you make no mistake in buying these well-known brands.

These hams are smoked and cured in such a way as to be partially cooked. I like my ham baked in a paper bag in the oven. **Yes, in a paper bag!** Rub outside of ham with brown sugar and a little powdered clove, and place in a paper bag. A little fat on bottom of roasting pan and the wrapped ham on top, and bake in 350 degrees oven for two hours for an 8 pound ham. Then take out of paper, take off the skin, and rub in breadcrumbs, brown sugar, mustard, and cloves, and brown, basting with a little Canadian maple syrup. Serve hot with this sauce:—1 cup seedless raisins, grated rind and juice of 1 orange, 1 tbsp. brown sugar, 1 tsp. vinegar. Cook all together and thicken with flour or corn starch.

When cold the ham can be accompanied by potato salad, cole slaw, mixed salad greens, horseradish, hot mustard, chili sauce, etc.

AND—what man will deny a delicious ham sandwich with a touch of mustard to bring out the flavour—but please lady, do **not** mix it with mayonnaise. I implore you!

As I mentioned before, I have a Pressure Cooker.

And with pride, not to mention the saving of electricity, I cook a 4½ lb. boneless ham in this in 55 minutes flat, after a preliminary browning. Steaks of this ham are very good spread with peanut butter and lightly broiled, that is, if you like peanut butter, and I'm sure the children do.

The Ham Bone

There used to be a story going round the country near Quebec of the ham bone that went the rounds of the village, each housewife using it for her soupe aux pois! I'm afraid that the last 'soupe' would have little of the ham flavour, but there is a story.

You will find the recipe for a good 'soupe aux pois' with ham bone complete, in the miscellaneous section of this booklet.

Baked slice of ham with candied sweet potatoes is a favourite dinner of mine.

Have your butcher cut the slice about 1 inch thick. Spread with a mixture of breadcrumbs, beaten egg, chopped parsley, horseradish, and a little Worcester sauce. Take ½ cup top milk from your milk bottle, place the ham in a casserole or baking dish with the milk and cover. Bake in 350 deg. oven for about 35 minutes. Serve with sweet potatoes.

"Won't you please," cooed a friend of mine who shall be nameless, "give us a recipe for minced ham and pickle sandwiches?"

To my way of thinking this is one of the sacriligious things to do to a perfectly good slice of ham. Eat your pickle alone and serve your sandwich unsullied by chopped anything. Let a HAM SANDWICH **BE** A HAM SANDWICH.

Hocks and Pigs' Feet are good eating.

But—they must be boiled for a long time, in fact, until the meat fairly leaves the bone. They can be baked afterwards in the oven if you like 'em browned a bit, but they are very good just as they come out of the pot of boiling water, herbs, and the inevitable onion.

Veal

Is not as popular in Canada as are other meats, but of late it is becoming better known and, therefore, is eaten by more Canadians. Milk fed Canadian veal can be very good indeed, but it must be well and slowly cooked.

In the main, the meat is pinky white with a slight lining of fat on the outside.

Veal Cutlet is the favourite and the most expensive cut.

It should be cut about ¼ inch thick, rolled in seasoned milk or in beaten egg mixed with chopped parsley, then in fine breadcrumbs, and fried in hot fat. Bacon fat is good for this.

It will take about 15-20 minutes to cook the cutlet properly and take care not to burn it around the edges.

I shall never forget the night when at the Canteen we had 20 hungry lads waiting for veal cutlets and we tried to hurry them, (the cutlets I mean, not the lads), and with disastrous results. They were burned and tough. Veal must be cooked slowly and long. We do recommend a pressure cooker.

Veal Chops are good too.

You can broil them, but should coat them with bacon fat or dripping, as they are somewhat dry, or they can be treated just like a cutlet.

Stuffed Fillet of Milk Fed Canadian Veal is a real party dish.

But it is strange, onion does not 'go' in the stuffing of veal. Just breadcrumbs, parsley (lots of it), thyme, marjoram, salt and pepper, and 1 beaten egg, a little butter or bacon fat.

A friend of mine cooked her stuffed veal fillet in a 'blanket'. This is a complete covering of flour and water paste, just like piedough without the shortening or lard. She larded the veal, after stuffing it, with salt pork. Larding means placing strips of fat salt pork or even beef suet along the top of the meat. She then covered the stuffed, larded veal with the paste and baked in 350 deg. oven for 3 hours for a 6½ lb. roast. Then she cracked open the shell of paste, took out the veal and put it back in the oven, basting with a little wine or melted grape or red currant jelly.

It's a bit laborious but pays by being a very delicious roast.

Veal Stew can be one of the most delectable foods that ever came out of a pot—also it can be quite innocuous.

The shoulder part or neck of veal, cut in 1 inch pieces should be used for stew, and do not brown it.

Just place it in your stew pan with a bunch of parsley, 4 or 5 carrots, cut into rings, 3 onions, sliced, or 6 small onions left whole, 2 slices of turnip diced, 1 bay leaf, 1 tomato, sliced, salt and pepper, and water to cover. Simmer slowly for about 1½ hours. Meat should then be quite tender; thicken with flour, and serve. Diced potatoes can be added to this stew about 20 minutes before it has finished cooking. In a pressure cooker this whole operation takes only 20 minutes flat.

We like our veal curried.

And use short ribs or stewing veal, or left over pieces of roast veal. Fry 2 onions in bacon fat until golden brown, but not burned, add 2 grated carrots and 1 apple grated, 1 tbsp. chopped parsley and 1 tbsp. curry powder. Then brown your meat and sprinkle with a little more curry powder, cover with veal stock and simmer for about 40 minutes to 1 hour. Thicken with flour and add 1 tbsp. chutney or grape jelly, salt and pepper. Serve with boiled rice.

Cold roast veal lightly salted, then spread with jelly (very sparingly) and

placed between two slices of brown bread, buttered, makes a delicious sandwich.

ALSO—Cold roast veal diced, mixed with chopped celery, green pepper, a little onion, parsley, and salad dressing, makes a really good salad.

Calves' Liver is a dainty morsel beloved by most Canadians. The evolution of calves' liver from a 5c lb. nonentity to a prized delicacy at a much higher price is one of the strange epicurean advances of the past few years! We know it is good for anaemia—doctors say so—but we eat calves' liver because we like it!

Calves' liver is about the only part of the animal that must not be over-cooked. We know one person at least, who eats it raw, but that's going a little too far.

Roll your slices in flour seasoned with salt and pepper, and fry on a pan heated with a little bacon fat—4 minutes on each side on a medium hot pan should be sufficient, and serve at once with a crisp piece of Canadian bacon and perhaps a baked potato.

Hot mustard is a good accompaniment to calves' liver.

Yes, you can broil it—Brush it with bacon fat first, or place a slice of bacon on top before you place it under your broiler. About 5 minutes on each side with broiler about 2 inches away, should be sufficient cooking time.

Calves' Sweetbreads are yet another delicacy we get from our milk fed Canadian Veal.

Remember, they must be fresh—with no suggestion of an odour—the latter would put you off sweetbreads for life. Soak them in salted water for half an hour or so. Take out any membrane and parboil in salted water for about 20 minutes. Then drain, and plunge into cold water, dip in beaten egg and seasoned breadcrumbs and fry a golden brown. Serve at once with slices of bacon or a delicately brown slice of Canadian Ham.

Canadian Poultry—**Raised scientifically on range and in barnyard, give Canadian tables variety every season of the year.**

Turkeys

Practically every province in Canada raises Turkeys, for Thanksgiving and for Christmas. In Northern Ontario you have the famous Manitoulin Island birds, raised carefully when small and then sent out to range in the early fall and taken in when the cold weather comes and specially fed for the city markets.

In the more southerly parts of Ontario there are large Turkey farms where birds are never allowed to touch ground, but are fed and raised in specially prepared coops and outdoor runs. Their food is prepared by the milling companies and the meat, when ready for the table is delicious.

The West, Manitoba and Saskatchewan, are going in for turkey breeding in

a big way. The young birds are placed out on the range after the grain is gathered in, and later fattened inside for market. Wild Turkeys also abound in Western Canada, but they are not as good eating as the domestic bird.

Do we have to tell you how to cook your Christmas Turkey?

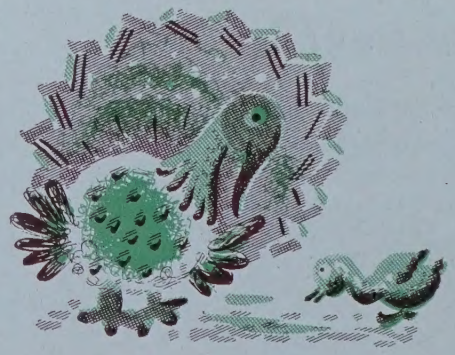
I think not.

But you might like to hear how I cooked mine in a brown paper bag with excellent results.

I first of all bought a nice plump hen bird, weighing a little more than 12 lbs., wiped the inside with a damp cloth after it had been drawn. I also wiped the crop, taking care not to break the skin. Then I made a dressing, not of chestnuts, but of boiled rice with one chopped onion, two tablespoons of parsley, 1 tsp. thyme, four chicken livers cooked and chopped, ½ lb. mushrooms cooked and chopped, salt and pepper and a little bacon fat. I mixed this all together, and stuffed my bird. Seasoned sausage meat with a little sage and a suspicion of onion was put into the crop, and the two cavities stitched. I don't trust skewers. I then trussed the bird and rubbed it lightly with bacon fat, then dusted lightly with flour. I greased the inside of a large paper bag with bacon fat, placed the turkey inside, set my oven for 350°, and put the bag with its precious contents in an open roasting pan in the oven, with a little fat on the bottom of the pan, and left it there for 3½ hours. Oh, yes, once the bird had begun to sizzle and to give forth delectable odours, I turned the oven down to 300° and forgot about it.

The turkey came out of the bag (with assistance of course) a most beautiful brown and cooked to a turn.

We had delicious brown gravy, by scraping the inside of the bag and mixing flour on the bottom of the pan, and adding the water in which the potatoes were boiled.



One of the nicest things about a turkey dinner is the grand soup you can make from the carcass after the meat is eaten, and this is where the remains of the rice dressing plays an important part, for it really adds to the turkey soup pot.

Cranberries are traditional with turkey, and we grow some very good ones in Canada, in Nova Scotia, where the terrain is very much like the famous Cape Cod Cranberry ground.

We are told of many fancy ways of cooking cranberries, but give me straight cranberry sauce cooked with a little sugar, very little water with nothing to take away from its own particular tart flavour.

Personally we're very fond of **Roast Canadian Duck.**

And Canada's domestic ducks are second to none in flavour.

Near Sherbrooke, Quebec, there is a famous duck farm, called Brome Lake where thousands of ducks are raised and fattened for the Canadian and American markets. Many of these are fast frozen while in their prime, and therefore Canadians can have a duck dinner nearly all the year round.

Ontario has its Duck Farms too, especially the one at Harte Lake. These ducks, the famous white Imperial Pekins, are large and very meaty.

Then we have the small muscovy duck, a cross between a game duck and a tame variety, smaller with very full breast.

Western Canada too produces excellent duck, as well as the Maritime provinces. In fact, you can have a duck dinner almost anywhere in Canada.

You can cook duck in a paper bag the same way as you do turkey, and the same dressing can be used, the only substitution is that of sage for parsley. Sage "goes" with duck.

They can be stuffed with a breadcrumb, sage and onion dressing, or you can be very aristocratic and serve them with wild rice.

Recipes for this can be found in the next chapter.

If you cook your duck in an ordinary roasting pan, uncovered, a little basting with sour native wine improves the flavour. Instead of cranberries, as an accompaniment, serve tart apple sauce made from the wonderful spy or greening apples of the Georgian Bay country.

Chicken dinners are by no means the monopoly of the deep south. We raise wonderful chickens in Ontario, Quebec, the Maritimes and in Western Canada.

Broilers are much in demand for dinner parties, and there are many farms particularly in Ontario devoted to raising "broilers" for city markets.

If you have a Pressure Cooker, you can cook your broilers easily like this:

First split them, roll in salted milk and breadcrumbs and brown in the cooker in bacon fat. Then add ¼ cup of water to each two broilers and cook for fifteen minutes, take cover off and take out broilers and place them in the oven. Add one cup top milk to the liquid in cooker, and one tablespoon of chopped parsley (or one cup cooked mushrooms), thicken with flour and serve with your broilers.

If you have no cooker, then you can cook the broilers in the oven in a casserole or baking dish, brown them first on the frying pan, and make your gravy just as you do in the pressure cooker. Instead of adding water to your casserole, add the same quantity of top milk and a little fine chopped onion.

Chicken Breasts can be cooked in the same way as broilers, and are very good served on a slice of Canadian ham broiled and decorated with parsley.

Chicken Legs can be boned, stuffed with a breadcrumb dressing, sewn up and cooked in the same way, but give them 20 minutes in the cooker, or at least 50 minutes in the oven. They may need an hour if they are large.

Canadian Capon, a lordly bird, is preferred by many to turkey, and you will be surprised at the amount of meat you can cut from an 8 lb. bird.

I like my capon stuffed with chicken

livers, cooked and chopped, bread-crumbs, soft please, lots of chopped parsley, a very small onion and 2 stalks of chopped celery. Always stuff your bird at both ends, it makes it go farther, and many people like the stuffing as well as the chicken, if it is good stuffing.

Bread sauce goes with all kinds of chicken (see recipe on pheasant), also red currant jelly or spiced grape jelly, and lots of brown gravy. Do use the water in which your vegetables are cooked to make the gravy, it makes such a difference to the flavour.

Canadian Domestic Goose

We will confess that goose is our favourite Christmas dinner, and we sometimes stuff it with BARLEY.

Pot barley, soaked overnight, and boiled with the inevitable onion, drained, seasoned with another chopped onion, chopped sage, salt and pepper, 2 stalks of celery chopped, and one tablespoon chopped parsley, one tablespoon of butter.

Your goose should not be too large, about 12 lbs., not more than 15 lbs. Cook long and slowly, drain off fat frequently from roasting pan. During the last 20 minutes, after fat has been drained off, baste with a little cider. A 12 lb. goose takes from $3\frac{1}{2}$ to 4 hours to cook in a slow oven. An apple in the crop is good and of course you serve it to the accompaniment of tart apple sauce.

If you are artistically inclined, surround your beautifully browned roast goose with small baked apples stuffed with cinnamon and raisins.

We have heard of strange people who wash their geese inside and out in soap and water, but with Canadian Geese, at

least, we have not found this unpleasant process necessary. Wiping with a damp cloth seems sufficient.

Canadian Squab

It really is a domestic bird, for it is tenderly nurtured and raised with care seldom given to children.

There is a scientific squab farm not far from Toronto, where these little pigeons are not allowed to fly, and are fed carefully until they are about three weeks old, when they are ready for your table.

They are cooked in the oven, with or without dressing, but with a strip of fat bacon over the breast.

We like a dressing made from cooked chicken livers and mushrooms, seasoned very lightly with onion, parsley and pepper and salt, with just a few bread-crumbs, basted with a little native wine, or melted red currant or grape jelly. Squab are greatly prized as "party birds." They can be baked in individual paper bags, but the basting adds lustre to the gravy.

The breast is the most important part of the squab. In fact, there is not much meat anywhere else, and I know of no finer platter than a sizzling one filled with nicely browned squab, decorated with watercress, and served with green Gaspé peas and delicately fried potatoes. Grape jelly, black currant jelly all go well with squab.

Canadian Guinea Hen

Such noisy birds, when alive, but so delicious when cooked.

Breast of Guinea Hen rubbed lightly with garlic, and basted with wine or diluted grape jelly.

Canadian Fruit And Vegetables

For miles and miles around people drive along the highways on "Blossom" Sunday, all along the Niagara peninsula, through the Annapolis Valley in Nova Scotia, and among the orchards in the Okanagan Valley in British Columbia. Trees are laden with the perfumed blossoms of peaches, apple, plum, cherry, apricot, and pears, and every year the crop of fruit bears out the promise of blossom time.

EATING APPLES—McIntosh Reds, from the Georgian Bay district in Ontario, from the orchards of Quebec, and from British Columbia. Northern Spies, those hard, Canadian apples, good keepers, good bakers, and good eaters too. Large Greenings for baking. Wealthies, Pippins, and Duchess apples are among those most popular in Canada.

Apples of many kinds from the orchards of Nova Scotia are dehydrated and sent all over the world. Juice is packed in cans and fortified with Vitamin C. Sparkling cider flows in many parts of Canada.

Gaspé peas and pepper squash,
Apples red and yellow,
Niagara peaches—purple grapes,
Quinces ripe and mellow,
We've Okanagan apricots,
And pears from far B.C.
An orchard is our Canada,
Of prodigality.

Here's a supper or luncheon dish that will find favour with all.

Take a large spy or greening apple—core and stuff with sausages or sausage meat. Bake in oven until apples are cooked and serve with a green salad.

Baked apples stuffed with cinnamon, brown sugar, and raisins, and when cooked, topped with whipped cream make a wonderful dessert.

When you make your APPLE SAUCE, cook the apples with the skins on, in this way you obtain the maximum benefit from the apple, and also when you sieve the apple sauce, the colour is a bright rosy red.

DO NOT COOK YOUR APPLES first when making Canada's favourite dessert, APPLE PIE. Line your pie plate with pie dough, slice the apples thinly, sprinkle sugar over the top, and a little water, and place 1 tsp. butter in centre of pie, then put on top crust. DO NOT have your crust too thick, and be sure you have plenty of apples in the filling. Bake in a hot oven. A slice of nippy Canadian cheese is wonderful with apple pie—beats ice cream to my way of thinking—or if you are fond of cream cheese, whip up a little with some top milk and set it on top of your wedge of pie.

Black Bing Cherries are grown mainly in B.C.; they are wonderful canned, and very good eaten fresh in season.

Bartlett Pears are grown in Ontario and B.C.

Peel them, core the halves, and bake in the oven, basting with maple syrup.

Peel them and stew them with sugar and cloves.

Eat them raw for breakfast, lunch or supper.

Canadian Apricots, while not as large as the American ones, are juicy and full of flavour.

They are best canned, or made into jam with blanched almonds.

I made Quince Jelly this year from monster quince given to me by a friend in Port Credit, Ontario.

Covered with water and boiled for 3 hours, then drained in a jelly bag, and boiled again with equal parts of sugar. The pectin content was so high that the jelly "jelled" as soon as it was put into the jars. I re-boiled the pulp with more water and obtained the same result, and the jelly was such a rosy beautiful colour.

Quebec Damson Plums take the prize for Damson jam. Never have I tasted a preserve with such a wonderful flavour. These little plums are a purply red, and hard. They are not edible raw, but try making them into jam! Ordinary Damsons are grown in other parts of Canada, but are like their English forebears, but the Quebec Damsons are unique.

Lombard Plums, Prune Plums, and **Greengages** all grow in Canada, and are canned and preserved in quantities.

Grapejuice, culled from the Niagara Valley grapes, is second to none on this continent.

Mix with ginger ale for a refreshing party drink. Jelly made from these grapes is popular all over Canada, and to use with meat we suggest that a bag of mixed whole spices be cooked with the grape jelly—this is particularly good with game.

We could write a whole chapter about Canadian peaches, starting from the blossom time in the Niagara Peninsula and finishing up with a luscious peach pie at our own tables.

We have Elberta, Freestone, Crawford and many other varieties of peaches. Canned, they are delicious. Fresh, they are equally so, only the eating time is all too short.

When canning, do not insist upon the larger more expensive peach, try canning the smaller ones whole, and see how delicious and decorative they can be!

"One of the things that made me thankful that I lived in Canada," said a soldier who had spent several summers in England, "was that I saw peaches in London stores priced at five shillings each and then came home and saw large baskets of beauties priced at 98c—that was less than the amount paid for one peach in London."

Peach shortcake, made with biscuit dough, and piled high with the luscious fruit is one of the highlights of late Canadian summer. We are glad that the canned variety is so good and so reasonable in price, that we can enjoy Canadian peaches all the year round.

Blueberries from Muskoka

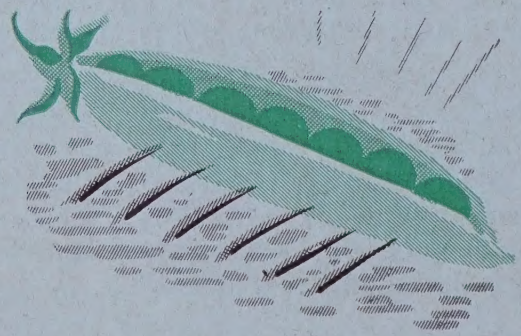
They **are** big, they **are** juicy, they **are** superb!

August is the month for Blueberry Pie in Canada. All you need is a good, short crust pastry, lots of Muskoka Blueberries, a little sugar—a hot oven and a good appetite!

It is impossible to enumerate all the fruits and vegetables grown in this country of ours. In passing, we have only mentioned a few of the most outstanding, and allow you to discover the others for yourselves.

In the marshes of Rice Lake, Ontario, and Lake Winnipeg, Manitoba, and other northern lakes, is grown the famous WILD RICE, so necessary when you are serving game, especially WILD DUCK.

The Indians gather it by shaking the ripe rice from the marsh into their canoes—it is long, dark green, and has a wonderful flavour.



My favourite way of cooking Wild Rice.

Wash rice in colander—cook it for about 20 minutes in salted water with 1 onion—drain, mix with ½ lb. mushrooms which have been sliced and simmered with 1 tsp. butter, pepper, salt, and ¼ cup water—for 10 minutes. Add 1 tsp. chopped parsley, and ¼ tsp. thyme. Bake in oven for about 15 minutes—serve with wild duck, tame duck or any species of poultry or game.

Gaspé Peas

I don't know whether it is the salt air of the Gaspé Peninsula, or the damp, not too hot climate, but Gaspé grows wonderful green peas. Large, green, and tender, with a wonderful flavour. Much of the Gaspé crop is fast frozen, and in this way Canada can enjoy them in the winter. Pressure cooker is the best way to cook green peas, in fact, beans, peas, carrots, asparagus, all retain their natural flavour and colour when cooked with a minimum of water and in minimum of time.

A sprig of fresh mint improves the flavour of peas, also a dash of sugar and salt—but, lady, please do not add baking soda to your peas or to any other

vegetables you may cook—it may preserve the colour, but it is death to your vitamins.

My favourite supper in summertime is a platter of properly cooked young peas, salted, peppered, and with a little cream or top milk to finish them off—with this a plate of bread and butter and a glass of cold milk. Try it some time!

You can also make a mock oyster stew with fresh peas—by boiling them until tender, peppering them and adding a little salt and butter and filling your soup bowl with the peas and warm milk—salt and pepper to season—bread and butter also goes with this dish.

Onions

Of late years Canada has been producing superb onions—large Spanish type beauties that rival the Bermuda onion in flavour and size. Ontario is a great onion growing province, where acres and acres are devoted to the culture of that most useful of all vegetables.

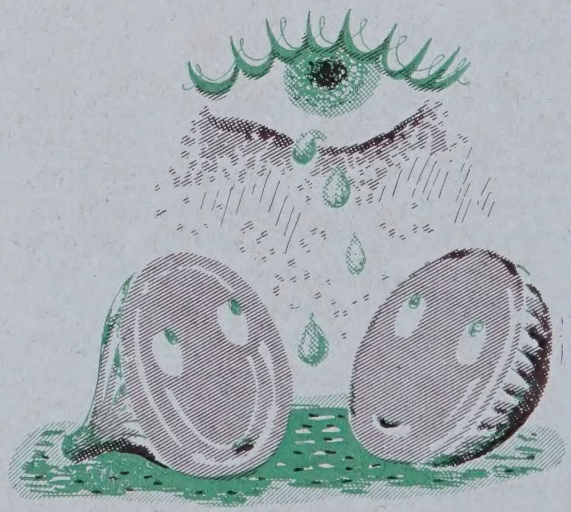
Have you ever eaten a juicy steak with Fried Onions?

If not it is time you tried it.

Slice onions into rings, dip in salted milk, then in flour, and fry in hot fat until brown and crisp—drain on absorbent paper and serve over your steak.

Or perhaps you enjoy an onion sandwich—I do, in spite of the prejudice against its somewhat pungent odour—the antidote to that is to make your guests eat them too! Then you can enjoy the odour and the flavour together! Butter both sides of your bread, slice spanish onions thinly and salt and pepper them. Then place them between the bread slices.

The ancients claimed that Onions are conducive to good sleeping. Others tell you that an onion a day keeps the doctor away. That may be or not be so—I eat onions because I like them!



Holland Marsh, Ontario, settled by Dutch farmers, is a joy to behold in the summer and fall, with its rich black earth and rows of celery, cabbage, lettuce, etc.

Very fine green celery is grown in this marshland, and contains more vitamins than the "white" or blanched variety.

Here's a tid-bit for your cocktail party.

Take hearts of crisp green celery, marinate them in French dressing, drain and wrap them tenderly with very thin slices of smoked salmon, secure with a toothpick and serve them on your hors d'oeuvre tray.

Potatoes

We mentioned in a preceding page that Canada was becoming an important grower of potatoes. We must give the palm to P.E.I. and to New Brunswick for potatoes, although the soil of Ontario and Quebec produces fine ones too. But P.E.I. potatoes are famous not only in our own country but in the United States as well.

We will not tell you how to boil potatoes, but here are two recipes which perhaps you have not tried.

(1) Baked Fluff Potatoes

Take large baking potatoes and bake in oven until soft — cut lengthwise and scoop out potato and mash it with chopped parsley, butter, salt, pepper, and milk — return it to the half shell — decorate top with fork and brown under your broiler.

You can bake these potatoes in the morning, stuff them and leave them in a cold place until dinner time when they can be popped under the broiler.

(2) Potato Biscuits

1 cup flour, 1 cup mashed potatoes, 2 tsp. baking powder, ½ tsp. salt, 1 egg, 1½ tbsp. butter. Mix all ingredients together and bake as you do tea biscuits. They're very good.

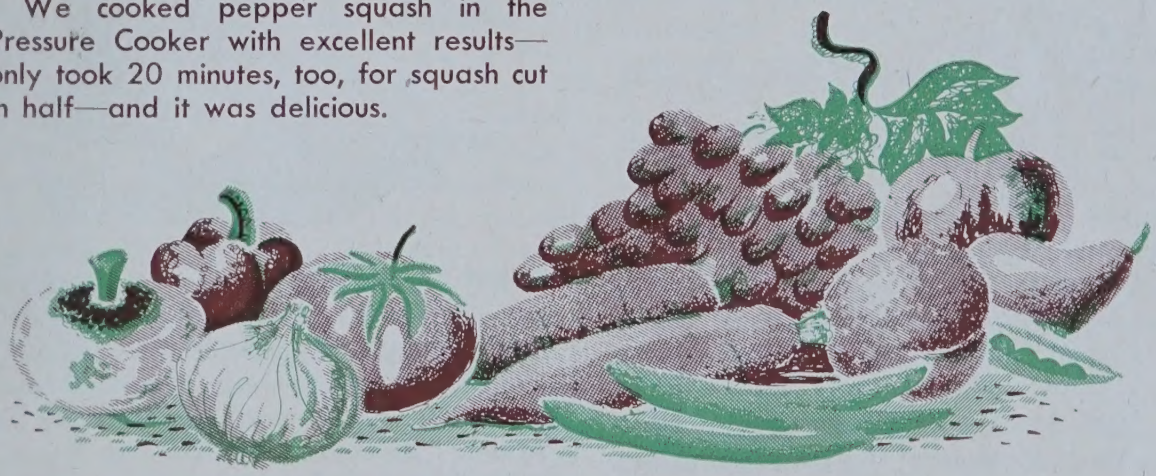
We grow tender green and wax beans in Canada, snowy cauliflower, crisp red and green cabbage, escarole, and broccoli, in fact there are very few vegetables we do not grow very well indeed!

I like the Fall when we can eat that wonderful Canadian Pepper Squash and Hubbard Squash too, don't you?

Have you tried baking a Hubbard squash whole in the oven, with its skin on, and its seeds intact inside?

When baked, you cut it in half, scoop out the seeds, and serve with butter, pepper and salt.

We cooked pepper squash in the Pressure Cooker with excellent results—only took 20 minutes, too, for squash cut in half—and it was delicious.



And now to end our tale with miscellaneous touch,
We turn to Potage, Peas, and Pork and Beans and such,
And fine old nippy cheese, and Camembert,
And Oka made in a monastic air,
And maple syrup culled from sugar trees,
Which sway and sigh in the Canadian breeze,
With these and other foods we end our story,
We hope you will enjoy our Canada's pot pourri.

For years Canada has been too modest about the quality of her cheese—and it is only now, after the war, that Canadians realize how well it can compare with the finest formerly imported into this country. Old Canadian Cheddar is wonderful.

The country around Belleville, Ontario, is fast becoming a cheese making district in the professional sense of the word.

Names such as "Black Diamond" are being known and enjoyed outside our own borders.

For our Canadian Cheese board we choose:

1 lb. wedge of fine old Canadian Cheddar
1 lb. cake of Oka
Sections of Canadian Camembert, made in Beloeil
½ lb. piece of Swissca—from Sherbrooke
And a package of cream cheese.

With this we serve:

Canadian Soda Crackers
Slices of tasty Canadian Rye Bread
Stone Wheat thins from the Pacific Coast
Oatcakes from New Brunswick.

And a clear mould of red currant or grape jelly made in Ontario.

Oka Cheese is served as an expensive delicacy in the U.S.A. It is made by the monks, the Trappist monks at Oka, just outside Montreal, Quebec, and slightly resembles the French Brie, only it is just a little more pungent. It has quite a strong odour, so do not carry it in your suit case.

Canadian Camembert, Haute Marque, is also a product of Quebec. Made in the French manner, it resembles very closely the imported Camembert.

"Swissca" Cheese—made in Sherbrooke—resembles the European Tilsit. Sliced in sandwiches it is very good, or

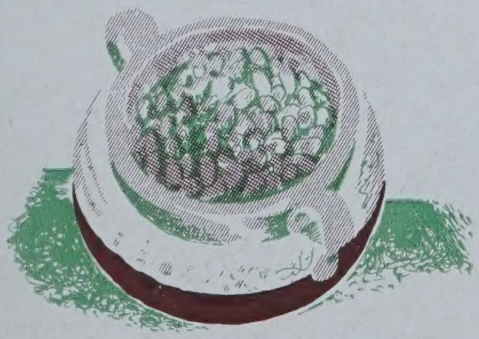
melted on a slice of toast and sprinkled with Worcester sauce it makes an excellent savory or supper dish.

The variety of cream, cottage and package cheese, made in Canada is legion. For those who like their cheese really "mild" there is the brick cheese full of holes. This is almost like a solidified cottage cheese, and gives you the protein without putting on extra poundage, if that worries you at all.

Pork an' Beans

Once while staying at a farmhouse in Nova Scotia, I was somewhat amazed to find a steaming brown crock of pork an' beans taking the place of honour at the breakfast table. This, and home-made brown bread made with molasses, was the main breakfast dish, and once I got used to eating it early in the morning I found it excellent.

Throughout the Maritimes and Quebec, Pork and Beans form a staple part of the people's diet, and, cooked properly, there is nothing better. You need a brown crock, a slow oven, white dried beans, pieces of flavorful salt pork and molasses. Soak your beans overnight, drain, cover with cold water and simmer until the skins of the beans crack. Mix one tablespoon of mustard, two teaspoons of salt, and a good shake of pepper. Place slice of salt pork, preferably with rind, on the bottom of bean pot, then layer of drained beans. Sprinkle of seasonings, bits of pork, then beans. When you reach top, pour ½ cup of molasses and ½ cup maple syrup over top, then slices of pork and water to cover. Bake in oven for at least eight hours. Sounds a long process, and it's all right with a cook stove, but rather hard on the gas. Pressure cooker solves the problem very well.



Canned Beans with Pork

The many well-known Canadian varieties can be improved thusly—Mix 2 tablespoons chopped Canadian bacon with one clove finely chopped garlic, 1 teaspoon thyme, 1 teaspoon savory, 1 teaspoon chopped parsley, ¾ cup of vinegar from sweet mixed pickles, 1 bay leaf, 1 teaspoon dry mustard, 1 pinch cayenne, 2 teaspoons Worcester sauce, 1 tablespoon molasses or syrup, 1 onion finely sliced, 2 whole cloves, 1 sprig whole mace. Mix these with two cans of beans. Bake one hour in a moderate oven.

We cannot finish this story without mentioning Canada's Maple Syrup. There is an international argument as to whether Maple Syrup originated in Vermont or Quebec. Far be it from us to foster this argument, but **we are quite willing to assert that Canada's maple syrup is as good as any produced in any other country.**

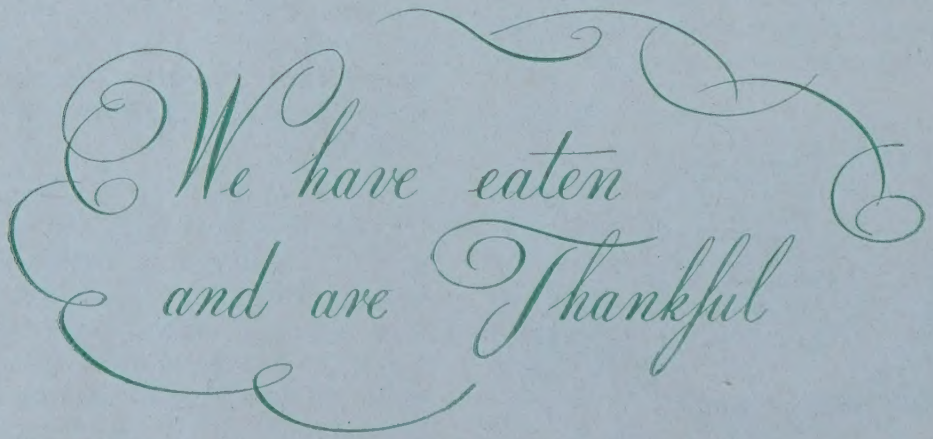
Sugar Maples in Quebec and the Eastern townships give us a very fine quality maple syrup, sugar and maple butter. Nova Scotia and New Brunswick also produce maple products of high quality, and Ontario of late is taking notice of her Maple trees and going-a-sugarin'.

Nothing is more fascinating than to go to one of these sugarin' parties in the maple groves. An almost endless boiling and condensation must go on before the thin, almost tasteless sap is reduced to the maple syrup we love on pancakes.

Have you ever taken a pail of clean snow and poured maple syrup over it, making the wonderful "snow candy"? Or served a stack of steaming pancakes, a pitcher of maple syrup, browned sausages and slices of Canadian bacon? There I must stop for I am even making my own mouth water.

Maple Syrup can be used to baste your baked ham. It can be used over baked apples. It mixes into an excellent cocktail. Poured over ice cream it creates a delicious sundae. Heated and poured over cottage pudding, it results in a grand dessert. Mixed with butter, milk and flavouring, it makes a delicious candy. And it's best of all on Pancakes.

And so ends our little Eulogy on Canadian foods. If you are a Canadian, be proud of the produce of your country, and encourage those who grow it for you. We Canadians produce good foods, and have good appetites to enjoy them. If you are a visitor, try our foods as enthusiastically as you admire our scenery, and take some of them home with you as tangible delectable evidence of your visit.



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